#MetconMonster Challenge Workouts from JillFit

Ground rules:

- You must complete 12 workouts over 15 days (Aug 7th – Aug 21st)
- In order for them to "count," you have to share each of the 12 workouts on Instagram:
    - Follow @jillfit on Instagram
    - Post your workout (can be the actual workout or a sweaty selfie or quote or anything that relates to the workout, your choice!)
    - Use the hashtags #MetconMonster and then the corresponding workout day, for example #Day1 if this is your first workout of the challenge. You will hashtag posts all the way up to #Day12
    - Tell me your time and/or the # of rounds you completed (more below), the goal being to beat your time/rounds next time, also tell me what weight(s) you used
- You can mix and match any of these workouts below. You don't have to do them all, just do the ones you want! There's no order you have to go in.
- Everyone who completes all 12 workouts in the challenge will get placed into a raffle for prizes, and I will also be awarding some of my favorite sharers, too!
- If you have any questions about how to share or how the challenge works, email me info@jillfit.com any time

Terms to Know:

- **TIME CAP** = Each of these workouts has a 30 min time cap, which means either you finish under 30 minutes or you STOP at 30 minutes. I don't want you going over 30 minutes on any.
- **AMRAP** = As Many Rounds or Reps as Possible: In the time indicated
- **FT** = For time: Meaning, do the workout as quickly—staying safe—as you can and record your time.
- **RBT** = Rest-based Training: Metabolic Effect's training brainchild. This means you rest as much as you need to as often as you need to, even if it's between reps or sets, listen to your body and keep the workout safe – there is no structured downtime given in these workouts, which means it's up to you to take it when you need it!

The Workouts

"Breathless Burn" - 25 minute AMRAP
Equipment: One set of moderate weight dumbbells

<u>4-exercise circuit:</u>
10 DB Thrusters (squat then shoulder press)
10 Push-up/rows – 10 reps each arm
10 Lunge/rows – 10 reps total (5 each leg, alternating)
15 Squat jumps (no weight)

Set your timer for 25 minutes and see how many rounds (+ additional reps) you can complete in that time. Share your score on Instagram, along with the weight you used and your daily photo

"Lean Legs" - Complete 5 Rounds for Time
Equipment: One set of moderate weight dumbbells

1 min intense cardio of your choice – sprint, row, incline walk, bike, etc.
10 ea leg Walking lunges
10 ea leg Plyo lunges (regress to alternating lunges if you can't jump)
10 DB thrusters (squat then shoulder press)
10 Burpees (no weight)

Start your timer and complete 5 rounds of the above as fast as possible, safely, record your time. Share your time on Instagram, along with the weight you used and your daily photo

"Shoulder Boulders" – For Time
Equipment: One set of heavy dumbbells

Complete 50 pushups, then
Complete 8 rounds of the following circuit:
- 1 min intense cardio of your choice – sprint, row, incline walk, bike, etc.
- 15 Heavy DB push presses

Then finish with another 50 pushups

Set your timer for 15 minutes and complete the workout as fast as possible, safely, record your time and share on IG with your daily photo

"Brutal Bodyweight" – Complete 4 Rounds for Time
Equipment: None

5 Squats
10 Pulsing squats (bottom half of the movement)
15 Squat jumps
20 Burpees

Start your timer and complete 4 rounds of the above circuit as fast as possible, safely, record your time, share your time on IG along with your daily photo

"Gym-Bor-Eek!" – Complete for Time
Equipment: treadmill, one heavy dumbbell, optional weighted ball

Run ¼ mile (or 400m, they're the same distance)
25 burpees
Run ¼ mile
50 wall balls (if you don't have a ball, do squat jumps)
Run ¼ mile
50 alternating DB single-arm snatches (25 each arm)
Run ¼ mile
50 wall balls
Run ¼ mile
25 burpees
Run ¼ mile

Start your timer and complete this whole thing once, as fast as possible, safely, and record your time and share your time on IG along with your daily photo

"Angie on the Row" – Complete 4 rounds for time
Equipment: rowing machine and 1 set of heavy dumbbells (if you don't have a rower, do 10 burpees)

Complete this circuit 4 times, record your time:
250m row (or 10 burpees if you don't have access to a rower)
25 bent-over dumbbell rows
25 pushups
25 sit-ups
25 air squats (no weight)

Start your timer and complete 4 rounds of the above as fast as possible, safely, record your time and share it on IG along with your daily photo

"Burpee Blast Compound Chain" – 2 x 10-min Metabolic Chains (20 min total)
Equipment: None

Chain movement: burpee/pushup/knee cross-over/stand/squat jump

- For the first 10 minutes, you're going to be adding reps on the pushup eac h round, from 1 all the way to 10. And then begin back at 1. Continue to circuit through for 10 minutes. Record your rounds and reps.

- For the second 10 minutes, you're going to be adding reps on the squat jump each round, from 1 all the way to 10. And then begin back at 1. Continue to circuit through for 10 minutes. Record your rounds and reps.

Share your rounds and reps on Instagram, along with your daily photo!

"Gym Crusher" – Complete for time
Equipment: a moderately heavy barbell or set of moderately heavy dumbbells

Complete the following once through, record your time:
- 10 strict presses
- 15 overhead squats
- 20 thrusters
- 25 front squats
- 30 push presses
- 35 back squats

Use the same weight the whole time, record how long it takes you to complete once through and share your time and daily photo on IG.

"Pull-up Queen" (Inspo: Neghar Fonooni) – Complete 8 rounds for time
Equipment: cardio machine of your choice, pull-up bar or similar, 1 moderately heavy kettlebell

Complete this circuit 8 times:
30s sprint on cardio of your choice (I prefer incline run on treadmill)
10 pullups
10 squat jumps
10 KB swings (you can sub in a DB here)

Record how long it takes to you to complete the circuit 6 times, share on IG along with your photo for the day.